

Roe Green Infant School Mindfulness Newsletter

January 2019

End of the Autumn Term

Dear Parents and Caregivers,

I hope that you have all had an enjoyable and relaxing break. The children and staff have come back refreshed, ready for a new term. It has been lovely to see such resilience and positive attitudes to learning in all classes across school.

A big welcome to all of the new children that have started in the Nursery. All children are now settled and are enjoying all aspects of the Nursery routines and activities. This half term they have learnt about 'Goldilocks and the 3 bears' and have made teddy bear biscuits, learnt about size and acted out parts of the story in the role play area.

Our school value for January was 'being trustworthy'. In our classrooms, we have spoken about what it means to be trustworthy and they have been working on strategies to help them why it is important to have trust in yourself and others.

Safe gaming and internet use

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. At school, we monitor the children's access and use to make sure the internet is used appropriately, and we also have Firewalls and filters to help us to keep them safe.

With Christmas around the corner and games high up on some Christmas list, and with the digital world changing all the time, we wanted to share NSPCC guidance with you on the steps you can take at home to make sure your child stays safe. The following information is from the NSPCC website -

Online games: helping children to play safe

Gaming can be a great way for young people to relax, socialise with their friends and have fun. Children can play on games consoles, apps or websites, and chat to other players or watch them play through live-streaming.

However, there are some dangers - and with so many games available online, it can be hard for parents to know how to keep their child safe.

That's where the NSPCC can help. Their tips and advice will keep you up-to-date with the most popular online games, help you decide what is appropriate for your child - and help him/her play safely.

What are the risks of online games?

Children may view inappropriate or upsetting content if they play games that are not suitable for their age. This could include sexual or violent material. It might be in-game content, or produced by other players.

Some players can be abusive towards others or try to exclude them from the game. Some players may also hack another user's account or try to steal and destroy their virtual possessions. This can be as upsetting for a young person as if it happened in real life.

Children may play with adults they do not know. People of all ages play games. Some adults may exploit this and try to build an emotional connection with a child for the purpose of grooming.

Some children may find it hard to stop playing games, or find that gaming is getting in the way of them doing other activities.

Five ways to help children play safe

1. Check the game's content

Always check age ratings, but remember they do not cover everything. It is important to check the game out yourself before letting a young child play it. If you want extra information about the content of a boxed console or computer game, take a look at the Video Standard's Council's Additional Consumer Information (ACI).

2. Know how to mute, block and report

Help children understand that people they meet online may not always be who they claim to be. Some games let you mute, block and report other users. Make sure your child knows how to do this if someone in the game upsets them or makes them feel uncomfortable. Childline has online gaming advice to help them do this. Remind your child that he/she can come to you if worried.

3. Be Share Aware

Remind your child not to give out any personal information, photos or videos to anyone online, even if they know them. If your child plays games with people they do not know, remind him/her not to take the conversation off the game, onto other social networks or into a private chat.

4. Activate safety settings

Turn on parental controls on gaming consoles to help prevent children from downloading age inappropriate games or seeing harmful material.

The Apple App Store lets you turn off in-app purchases on iPads and iPhones, and the Apple App Store and Google Play let you create a pin code that must be entered before you buy.

You can also turn on privacy settings on some games to control what other users can see about you, and stop strangers from contacting you. The O2 & NSPCC Online Safety Helpline has free advice on how to do this – tel 0808 800 5002.

5. Keep the conversation going

Have regular conversations with your children about staying safe online. Agree what games are suitable for them to play and help them understand why others are inappropriate. Talk to them about the types of games they may be watching on game streaming sites.

Remind them they should tell a trusted adult, like a teacher or parent, if they see or hear something that upsets them when gaming, and that they can talk to Childline for free 24 hours a day if ever worried.

Attendance and Punctuality

Our class attendance winners for this month are:

Week of the 7th January – **Hedgehogs** 100%
Week of the 14th January – **Yellow Class** 96.33%
Week of the 21st January – **Blue Jays** 98.67%
Week of the 28th January – **Yellow Canaries** 96.33%

Please make sure you are dropping off and picking up your children at the correct school times.

AM – 8.50am PM – 3.15pm

Maths Week

Well done to the RGI and RGS Maths faculty for raising just over £420 in our Maths week bake sales.

Each class spent the week learning about measurement through practical activities using a wide variety of resources to make learning exciting.

Congratulations to our 'Design a coin' winners –

Maria- AM Nursery **Daniel**- PM Nursery
Mia- Fulltime Nursery



Help your child's class to get Paddington Bear by coming to school on time every day.

Last term we were on 96.1% for attendance, which is the National standard. We need to work hard to stay on track. Please keep in mind-

Dental & Medical Appointments

Wherever possible, parents should make every effort to avoid making medical or dental appointments during the school day. It is preferable to try and arrange these during holiday periods or at the beginning or end of the school day. An appointment at the beginning of the school day should not result in a whole day's absence from school.

Religious Holidays

Parents may apply for permission for a child to be absent from school on the day of the religious festival, so that children can enjoy celebrations with their families. The school is unable to sanction leave of absence for longer than one day. Parents taking children out for more than one day will have the absence recorded as unauthorised.

Sickness

At the moment there is a lot of vomiting and diarrhoea going around. Please keep your child at home for 48 hours from the last time were sick or had diarrhoea. At school we ensure the children wash their hands throughout the day and blow runny noses to help combat any germs in the classroom.

- Yenul**- Yellow Canaries
- Drew**- Blue Jays
- Carla**- Green Parrots
- Krishna**- Red Roins
- Dorin**- Stags
- Priya**- Rabbits
- Alexia**- Eagles
- Gabriel**- Owls
- Nartana**- Badgers
- Samuel**- Foxes
- Amaal**- Squirrels
- Leo**- Hedgehogs



Parking

Please make sure you are not parking on the zig-zag lines outside of school. Our school roads are very busy during school times and the safety of the children is paramount.

Walking to school

During our winter months the footpaths and school playground areas can be very slippery. Please take care when walking and remind your children to walk their bikes and scooters into school when they reach the gate.



Thank you to all the families that kindly donated biscuits and cakes.

Looking After Our Teeth

For tips on what we can do to help children grow up with healthy teeth and develop healthy eating habits

<https://www.henry.org.uk/videos/healthyteeth>



Old Christmas Cards

Please send in your old Christmas cards to school so we can recycle them to gain points for the Green Tree Schools Award Scheme, run by the Woodland Trust.

There is a box in the office where you can take them or you can give them to your class teacher.

Ms Shah

Good luck and farewell to Ms Shah who has gone on maternity leave. We wish her the very best and look forward to hearing news of her new arrival.



Welcome to Mrs McKenzie who is covering Ms Shah in Owl class while she is on maternity leave.